



*The Bulletin has a full listing of all programs, classes, events and trips offered by the Elmwood & West Hartford Senior Centers and is issued quarterly. Check our website for the digital copy or visit a senior center office for your copy.*

## ELMWOOD SENIOR CENTER

1106 New Britain Avenue, West Hartford, CT 06110  
860-561-8180 FAX: 860-561-8187

## WEST HARTFORD SENIOR CENTER

15 Starkel Road, West Hartford, CT 06117  
860-561-7583 FAX: 860-561-7506



*Like us on Facebook!  
Follow us on Twitter!*



Live life to the fullest! Now is the time to join in on all of the wonderful opportunities available to you at the Senior Centers. Stimulate your mind, body and soul with one of our many program offerings and special events. From dances and dining, to trips and travel, to exercise programs and a variety of classes, there is something for every interest. ADULTS OF ALL AGES AND ABILITIES ARE WELCOME TO PARTICIPATE but members, aged 55 and older, receive discounts and the Bulletin mailed to their homes quarterly. The annual membership fee is \$15.00 for residents and \$40.00 for nonresidents aged 55 or older. Memberships follow the calendar year with renewals beginning in December for the upcoming year. Please send the completed application below, a check payable to the Town of West Hartford for \$15/\$40, and a self-addressed, stamped envelope to a Senior Center of your choice. Membership entitles you to participation at BOTH facilities. Make the most of your leisure time. Be active. Get involved. Meet friends old and new...the **"BENEFITS ARE ENDLESS!"**

### ELMWOOD SENIOR CENTER AND WEST HARTFORD SENIOR CENTER MEMBERSHIP APPLICATION

NAME \_\_\_\_\_ EMAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_

TOWN \_\_\_\_\_ ZIP CODE \_\_\_\_\_ BIRTH DATE \_\_\_\_\_

PHONE \_\_\_\_\_ CELL PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

PERSON TO BE CONTACTED IN CASE OF EMERGENCY:

NAME \_\_\_\_\_ PHONE \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_

**TO JOIN SENIOR CENTERS 2019 RESIDENT: \$15.00 NONRESIDENT: \$40.00**

Mail to: Elmwood Senior Center, 1106 New Britain Avenue, West Hartford, CT 06110  
or West Hartford Senior Center, 15 Starkel Road, West Hartford, CT 06117  
(Please make checks payable to Town of West Hartford)

## ELMWOOD SENIOR CENTER

### Monday

9:00 am	Toning & Strength
9:00 am	Billiards/Total Body Fitness Video
10:00 am	Toning & Strength/Brain Games
10:00 am	Tapercise II
11:00 am	Tapercise I /11:30 am Pickleball
12:00 pm	Senior Cafe
1:00 pm	Set Back I /Write Away
1:30 pm	Mexican Train
2:00 pm	Aquacize @ Avery
6:00 pm	Pilates

### Tuesday

9:00 am	Arthritis Exercise/Billiards
9:45 am	Line Dance
10:00 am	Collage & Painting
10:30 am	Pickleball
11:00 am	Silver Sneakers –Balance & Strength
12:00 pm	Senior Café
12:30 pm	Basketball/Qigong/Table Tennis
1:00 pm	Water Walking @ Avery
1:30 pm	Regents/Tai Chi Foundations Beg.
3:00 pm	Bridge
5:30 pm	Learn to Knit

### Wednesday

9:00 am	Toning & Strength
9:00 am	Billiards/Total Body Fitness Video
9:00 am	Piano w/Jane (by Appt)
9:30 am	Blood Pressure/Squires Singers
10:00 am	Toning & Strength/Mah Jongg
10:30 am	Pickleball/10:45 am Stronger Seniors Video
11:00 am	Silver Sneakers Zumba Gold/Table Tennis
12:00 pm	Senior Café/12:45 pm Poker, Drop-in
1:00 pm	Bingo/2:00 pm Aquacise @ Avery
5:30 pm	Round Robin Table Tennis
6:00 pm	Barre-lates

### Thursday

9:00 am	Billiards/10:00 am Karaoke
10:30 am	Pickleball
11:00 am	Guitar/Silver Sneakers
12:00 pm	Senior Cafe
12:30 pm	Chess-Intermediate/Basketball
12:30 pm	Tai Chi Foundations Intermediate
1:00 pm	Drop-in Bridge/Set Back II/Golf
1:00 pm	Regents Bridge/Chinese Watercolors
1:00 pm	Water Walking Class @ Avery
1:30 pm	Tai Chi Workshop
6:00 pm	Zumba@ Lovers

### Friday

9:00 am	Toning & Strength
9:00 am	Total Body Fitness Video/Billiards
9:30 am	Tai Chi - Intermediate
10:00 am	Yoga/Squires
10:30 am	Tai Chi – Beginner
11:30 am	Pickleball/ 12:00 pm Senior Café
12:00 pm	Adult Swim @ Avery
12:30 pm	Table Tennis
1:00 pm	Movies & Munchies
1:00 pm	Dancing w/ “Elmwood Jive 5”

## WEST HARTFORD SENIOR CENTER

### Monday

8:45 am	Energy Hour
9:30 am	Bridge Drop-In
10:00 am	Yoga
10:30 am	Tai Chi – Intermediate/Advanced
11:30 am	Tai Chi – Beginner
12:30 pm	Setback/Mahjongg/Scrabble
12:45 pm	Chicago Bridge M/W
1:00 pm	Silver Sneakers
3:00 pm	Chair Yoga
4:00 pm	Yoga
6:15 pm	Zumba Drop-In

### Tuesday

9:30 am	Duplicate Bridge
10:00 am	Peer Play
11:15 am	Ageless Grace
12:45/1:30/2:15 pm	Strength & Fitness, T/Th
1:00 pm	Latin Flow/Marvin’s Art Class
1:00 pm	Big Time – Parkinson’s Exercise
1:00 pm	Dominos/Scrabble/Pinochle
3:00 pm	Mahjong Lessons

### Wednesday

8:45 am	Energy Hour
10:00 am	Line Dance
10:30 am	Hindi-Beginner
12:15 pm	Mahjongg
1:00 pm	Lively Minds
1:00 pm	Shanghai/Scrabble
2:15 pm	Chair Yoga
7:00 pm	Zumba Drop-In

### Thursday

8:30 am	Tai Chi – Advanced
9:00 am	Wii Bowling
9:30 am	Hebrew/
9:30 am	Tai Chi/Qigong - Intermediate
11:00 am	Yiddish
11:15 am	Spanish – Conversational
11:15 am	Ballroom Dance – Beg./12:00 pm Advanced
12:30 pm	Mahjongg
12:45/1:30/2:15 pm	Strength & Fitness
1:00 pm	Movie/Dancing
3:00 pm	Asian Religions
6:15 pm	Zumba Drop-In

### Friday

8:45 am	Energy Hour for a separate \$5 fee per person
9:00 am	Knitting Social Group
9:15 am	American Sign Language
10:00 am	Line Dance Sampler
10:00 am	French - Conversational
10:00 am	Cribbage
10:15 am	Matter of Balance
12:15 pm	Mahjongg/12:30 Setback
12:30 pm	Sharpen Your Mind-Brain Fitness
1:00 pm	Bingo
2:00 pm	Opera

### Saturday

8:30am	Zumba Drop-In
9:45 am	Yoga

**2018-2019 SENIOR CENTER TRIPS**

**“DESTINATION FUN”!** Two simple words that summarize the happiness that is felt by travelers aboard the “ELMWOOD EXPRESS”, the 24-passenger, handicapped accessible bus that has its home base at Elmwood Senior Center and serves both the Elmwood and West Hartford Senior Centers. Participants may register at EITHER facility for ALL trips, regardless of the departure location. Door-to-door transportation may be requested by TOWN RESIDENTS for an additional \$5 fee if driving to a Senior Center is not possible. (Please note door-to-door service is NOT offered for charter or casino trips). Passengers should arrive 15 minutes before designated departure and park at the lower lot by the gazebo at Elmwood Senior Center or in front of the West Hartford Senior Center. A designated “Trip Leader” oversees all travel.



*\*Please note that refunds are issued for trip cancellations ONLY if staff are able to find a replacement from a wait list. Please note trip departure location.\**

DAY	DATE*	TRIP	DEPARTS FROM
Tuesday	September 4	Mohegan Sun (Uncasville, CT)	ESC
Wednesday	September 12	1877 Club (Hartford, CT)	ESC
Wednesday	September 19	Big E (Springfield, MA)	ESC
Monday	September 24	Lost Acres Vineyard (Granby, CT)	ESC
Wednesday	September 26	Goodspeed/Drowsy Chaperone (E. Haddam, CT)	ESC
Tuesday	October 2	Mohegan Sun (Uncasville, CT) ESC	
Wednesday	October 3	Belmont Raceway (Belmont, NY) CHARTER	WHSC
Tuesday	October 9	Curtis House Inn (Woodbury, CT)	ESC
Friday	October 12	Connecticut History & Wine (E. Haddam, CT)	ESC
	October 15-23	Canadian Rockies (9 days)	WHSC
Thursday	October 18	Pumpkintown (East Hampton, CT)	ESC
Saturday	November 3	Carmen (New York City) CHARTER	WHSC
Monday	November 5	Portofino's (Kensington, CT)	ESC
Tuesday	November 13	Mohegan Sun (Uncasville, CT)	ESC
Wednesday	November 28	Consiglio's (New Haven, CT)	ESC
TBD	December	Balanchine's Nutcracker (NY, NY) CHARTER	WHSC
Tuesday	December 4	Mohegan Sun (Uncasville, CT)	ESC
Wednesday	December 5	Christmas Carol, Norma Terris (Chester, CT)	ESC
Saturday	December 8	Christmastown Festival (Bethlehem, CT)	ESC
Monday	December 10	Sinatra & Bing, Aqua Turf (Plantsville, CT)	ESC
Tuesday	January 8	Mohegan Sun (Uncasville, CT)	ESC
Tuesday	February 5	Mohegan Sun (Uncasville, CT)	ESC
Tuesday	March 5	Mohegan Sun (Uncasville, CT)	ESC

*\*Perspective dates are subject to change. Please contact the corresponding Senior Center for trip registration dates, details and trips added after publication date.*



## Games People Play



**Basketball**  
**Billiards**  
**Bingo**  
**Bridge**  
**Canasta**  
**Chess**  
**Cribbage**  
**Dominoes**  
**Mah Jongg**  
**Mexican Train**  
**Indoor Golf** (seasonal)

**Monte Carlo Whist**  
**Pickleball**  
**Pinochle**  
**Poker**  
**Scrabble**  
**Set-Back**  
**Shanghai**  
**Table Tennis**  
**Wii Bowling**  
**Yard Games**



## HEALTH, WELLNESS & SUPPORT PROGRAMS & SERVICES

The Senior Centers provide various programs to improve the health and well being of older adults. The following is a sampling of programs offered. For specific information, please call either ESC or WHSC.

AARP Smart Drive  
Classes  
Bereavement Support  
Blood Pressure Clinic  
Caregivers' Support  
Complimentary Coffee  
Foot Care  
Hearing Screening  
Income Tax Assistance  
Lifeline Screening  
Medicare Counseling  
Memory Screening  
Pulmonary Fibrosis  
Support Group  
Senior Community  
Cafe



**Two West Hartford Locations!**

**Recipient of the Governor's Physical Fitness Award**

### Elmwood Senior Center

1106 New Britain Ave  
Monday-Friday 7:00A - 6:30P  
Saturday 9:00A - 1:00P

### West Hartford Senior Center

15 Starkel Road  
Monday-Thursday 8:00A - 6:30P  
Friday 8:00A - 4:30P  
Saturday 8:00A - 12:00P



The Step Up to Health Fitness Centers offer individualized and medically based exercise programs for older adults. Equipment is designed to enhance cardiovascular endurance and muscular strength and to help reduce the risk of injury.

*Fitness Center membership offered to senior center members ONLY!*

### Equipment included in our Centers:

bikes, treadmills, stepper, elliptical, upper body ergometer, dumbbells, recumbent cross trainer and a line of Nautilus® strength training equipment.

\$150/individual  
for 1 year

\$90/individual  
for 6 months

\$60/individual  
for 3 months

**For more information, Call the Elmwood Senior Center: 860-561-8180  
or West Hartford Senior Center: 860-561-7583**

*Fitness Centers made possible by a grant from the Hartford Foundation for Public Giving.*



# West Hartford Senior Center

## SOCIAL SECURITY SAVVY

**Tuesday  
September 25, 2018  
5:00 p.m.**

**Learn the Nuts & Bolts of  
Social Security!**

Robert Rodriguez, Public Affairs Specialist for the Social Security Administration will educate you on Social Security programs, clarify common misconceptions and address questions. You will also learn how to create & register for your very own my SSA Account!

### Topics for Discussion Include:

- When should I retire?
- Can I work and collect benefits?
- Will it be there for my children or me?
  - How does my spouse qualify?
  - What if I become disabled?
- Can my ex-spouse collect on my record?
  - What can I do Online?

This educational workshop will cover these questions and much more! Come learn about the most successful domestic program and financial lifeline the American Public has enjoyed for the past 78 years.

## NEW TO MEDICARE?

**Tuesday  
October 2, 2018  
5:00 p.m.**

- Turning 65?
- Just moved to Connecticut?
- Dropping Employer or Retiree Health Insurance?
- Under 65 but on SS Disability?

If any of these situations apply to you or a loved one, find out how to enroll in Medicare and how to fill the payment gaps Medicare leaves with Medicare Supplements or Advantage Plans. All you need to know... made easy to understand.

Hear from, and speak to, a Medicare Expert, Jodi Moses, in this free community forum about available Medicare Plans. Learn the differences between Medicare Supplements, Part D Prescription Drug Plans, and all-in-one Medicare Advantage plans, and which would be the best for you. The State of Connecticut "Extra Help" Medicare Savings program will also be discussed.



**Programs are free, however pre-registration is required, please call (860) 561-7583  
15 Starkel Road, West Hartford CT 06117**



# Engage at Every Age

## **EVENTS:**

### **TRIPS & TRAVEL**

- Concerts & Shows
- Museums/Opera
- Overnight Tours

### **ON-GOING**

- Games/Karaoke/Movies
- Daytripping Connecticut
- Dancing with Elmwood Jive Five

### **MONTHLY EVENTS**

- Breakfast with Benefits
- Lunch & Learns
- TED Talks
- Holiday and Special Events

## **CLASSES & MORE**

### **MOVEMENT**

- Aqua Classes
- Barre
- Pilates
- Silver Sneakers
- Toning/Strength
- Arthritis Exercise
- Tai Chi
- Qigong
- Tapercize
- Yoga
- Zumba
- Line Dance

### **MIND**

- Brain Games
- Computer Lab
- Musical Mornings
- Knit
- Tech Therapy
- Meditation
- Paint
- Piano/Guitar
- Cooking
- Seminars/Workshops
- Historical Programs

## **SPORTS & OUTDOORS**

- Pickleball
- Table Tennis
- Indoor Golf
- Basketball
- Billiards
- Safe Boating
- Nature Study
- Horseshoes/Bocce
- "Trout Brook Travelers"
- Kayaking/Fishing
- Hiking
- Wii Bowling & Golf



### **Register Today!**

Website: [www.westhartfordct.gov/gov/departments/leisure/senior\\_centers](http://www.westhartfordct.gov/gov/departments/leisure/senior_centers)  
1106 New Britain Avenue, 2nd Floor, West Hartford, CT • Phone: (860) 561-8180

**Elmwood Senior Center - "Experience the Energy"**



## ELMWOOD SENIOR CENTER

*invites you to attend the FREE*

# 14th Annual Senior Housing Fair



Thursday, October 4, 2018 • 9:30A-12:30P

ELMWOOD COMMUNITY CENTER, 1106 New Britain Ave., West Hartford



**"ONE STOP SHOPPING."** To help you simplify a very difficult decision for you or a family member, we have invited representatives from various retirement facilities, housing specialists and support service providers in the Greater West Hartford area to join us and help answer your questions. Each vendor table will have an abundance of information to take home and review. Complimentary Refreshments.

- Independent Living
- Home Health Care & Equipment
- Assisted Living

- Home Assistance Program
- Rehabilitation
- Home Emergency Monitoring

- Memory Impairment
- Reverse Mortgage
- Skilled Nursing

- Downsizing
- Subsidized Housing
- Real Estate & Legal Advice

**FLU CLINIC - 9:30-11:30A - Walk-In's Only**

*Facility tours will be scheduled via Elmwood Express as a follow-up to the Senior Housing Fair.*

*Dates/times available by registering at the Housing Fair.*

Registration NOT Required

For additional information, please call ESC: **860-561-8180**

Elmwood Senior Center



**Day of the Dead Holiday Celebration**

**Thursday, November 1, 2018**

**\$10/Member; \$12/Non-member  
11:30A-1P**

- Immerse yourself in this joyful celebration of Mexican culture!
- Create your own colorful, festive decor.
- Enjoy Mexican cuisine favorites.
- Live Mariachi band.

Elmwood Senior Center



**Thursday, November 15, 2018**

**\$10/Member; \$12/Non-member  
11:30A-1:30P**

Celebrate Thanksgiving with your ESC friends and Dr. Uke! You will delight in our unique event featuring delicious turkey pot pie, salad, pie and Dr. Uke's lively ukulele band and audience sing-along.

Sponsored by



Elmwood Senior Center Presents

*Holiday  
Enchantment*

**Thursday, December 6, 2018  
11:30A-1:30P**

Holidays come but once a year,  
so let's get together to share some cheer!

Excerpts from your traditional, holiday  
favorite, The Nutcracker, will be  
performed by Dimensional Dance.

Delicious hot-catered lunch included.

Sponsored by Brookdale Chatfield



Elmwood Senior Center



**Thursday, February 14, 2019**

**12:00P-1:30P**

**\$15/Member; \$20/Non-member**

Let the sounds of Sinatra whisk you away on  
Valentine's Day. Sheri Zaccardi, versatile soprano,  
will sing your favorite romantic tunes made famous  
by "Old Blue Eyes."

Event catered by The Olive Garden.

Menu: Lasagna, salad, bread sticks, coffee, tea and a sweet  
Valentine treat.





**WEST HARTFORD  
SENIOR CENTER**

**PRESENTS**

**ENTERTAINMENT SHOWCASE**

**Tuesday, October 23, 2018**

**8:15 am - 3:30 pm**

Town Hall Auditorium  
50 South Main Street, West Hartford, CT 06107

Enjoy the area's finest entertainment.  
More than 40 entertainers will perform for the day.  
Join us for a continental breakfast and  
a special luncheon buffet.

**Pre-Registration Required \$25 Members \$35 Non-members**

Breakfast:	8:30 a.m. - 9:00 a.m.
Entertainers:	9:00 a.m. - 12:30 p.m.
Lunch & Social Hour:	12:30 p.m. - 1:00 p.m.
Entertainers:	12:50 p.m. - 3:30 p.m.

Free Parking is available at the Town Hall parking lot for the day!  
For more information, please call: 860-561-7583

**Bishops Corner  
Meeting &  
Conference Center**

15 Starkel Road, West Hartford  
(869) 561-7582

**Available for Rentals!**

**PERFECT FOR:**

Anniversary Parties, Birthday Parties,  
Baby Showers, Bar/Bat Mitzvahs,  
Weddings, Company Gatherings,  
Power Point Presentations,  
Lectures, Business Meetings,  
Classes/Workshops & Dances

**Rooms can accommodate  
up to 150 people.**

**REASONABLE RATES RANGING FROM  
\$35 TO \$95 PER HOUR.**

**West Hartford Senior Center**



**Carmen**

**Lincoln Center, New York  
Saturday, November 3, 2018**

Seats for the opera are in the Orchestra Balance  
Section Rows U - X. You will have time AFTER the  
performance to enjoy a meal on your own in the  
Lincoln Center Area. CHARTER

Cost: \$178 Member; \$188 Non-member

Trip departs WH Senior Center at 9:00 a.m.  
15 Starkel Road, (860) 561-7583

**West Hartford Senior Center**

**HOT FUDGE  
& FIDDLES**

**Wednesday,  
September 5, 2018  
2:00 pm**



As summer comes to an end we will get together  
to enjoy delicious Hot Fudge Sundaes  
compliments of A.C. Petersen.  
The CT Bristol Old Time Fiddlers  
will entertain us with their lively,  
foot stomping music!

**Cost: \$2.00 Member, \$3.00 Non-members**

**Please register in advance.**

**Limited Seating**



**For more information,  
please call (860) 561-7583**







# WEST HARTFORD SENIOR CENTER'S 34TH ANNUAL GREATER HARTFORD SENIOR GOLF TOURNAMENT

**Thursday, September 27, 2018**

**Rockledge Golf Club  
289 South Main Street, West Hartford**

***Includes:***

- 18 Holes, Greens Fees, Golf Cart
- Continental Breakfast & Box Lunch
- Contests, Prize Drawings & Silent Auction

***Cost:***

- \$75 per person
- \$60 Rockledge Season Pass Holder

**All golfers must be 55 years of age or older.**

## SPONSORS

### GOLD

**KEARNS &  
KEARNS PC**  
ATTORNEYS AT LAW

### Breakfast



### Lunch

**Hebrew  
Center**

*For sponsorship opportunities or to register, please call Deborah at 860.561.7583,  
deborah.kennedy@westhartfordct.gov.*